



LA National Guard Emergency Management Bulletin

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Purpose

The National Guard (NG) Emergency Management (EM) program is responsible for all activities and operations related to preparing for, mitigating the potential effect of, preventing, responding to, and recovering from all multi-agency and/or multi-jurisdictional emergencies on or impacting NG installations nationwide. The NG EM Program functions within an all-hazards environment consisting of all natural, technological (man-made), and terroristic hazards.

Vision

To provide the NG EM services when and where they are needed with the joint and interagency capacity necessary to effectively and efficiently protect the NG community and mission capabilities from all hazards.

Mission

To provide integrated and comprehensive NG EM services necessary to protect our community and mission capabilities from all hazards in a cost effective, implementable, and sustainable manner through resiliency.

LANG EM WEB PAGE:

<http://geauxguard.la.gov/resources/emergency-management/>



IMPORTANT NUMBERS TO KNOW

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LA National Guard Joint Operation
Center 888-278-8748

GOHSEP 225-925-7500

American Red Cross
1-800-RED-CROSS

Federal Emergency Management
Agency 1-800-621-FEMA

National Poison Control Center
1-800-222-1222

National Domestic Violence Hotline
1-800-799-7233



EMERGENCY MANAGEMENT

This month's bulletin will focus on two separate topics: building an emergency kit and the flu vaccine.

One never really knows when an emergency will happen, it would be nice if we would get a text or phone call telling us an emergency is going to happen at this time on this date. In Louisiana if you don't like the weather just wait 10 minutes and it will get hotter! We owe it to our loves ones to be ready and prepared to assist them when needed. Building an emergency kit is just one way we can be ready when needed.

In the United States, flu season occurs in the fall and winter. The peak of flu season can occurred anywhere from late October through March. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from year to year.



Please utilize the information in this bulletin to find more about how to keep your family safe by building an Emergency kit and how to best prepare for the upcoming flu season. Keep your family safe and Always Remember "Be Prepared".

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Build a Kit

When disaster strikes, emergency responders address the most critical needs and may not be able to get to an area until it is deemed safe. While they work on behalf of the entire community, it is your responsibility to ensure your Family's well-being during times of crisis. Emergency kits are essential tools for meeting that challenge. To prepare your Family for an emergency, obtain one or more emergency kit(s) that include enough supplies to meet your essential needs (see list below-not all inclusive) for at least three days. Think reusable and multi-use. A metal bowl can do double duty as a cup and saucepan. A brightly colored poncho can be used as water repellent clothing, or marker, and two together can create a temporary shelter. Keep a kit at home and consider having kits in your car and at work. These kits will enable you and your family to respond to an emergency more quickly. Your various emergency kits will be useful whether you have to evacuate or shelter in place. Check with your local officials for any other specific items that should be included in your kit. Be sure to rotate your items periodically, to ensure nothing is expired when the need comes.

Suggested basic items to consider for a home emergency kit:

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days, consider items that do not require cooking and will maintain freshness for several months such as energy bars, freeze dried foods and dehydrated foods
- Formula and diapers for any infants
- Food, water, other supplies and documents for any pets
- Manual can opener
- Flashlight, NOAA (National Oceanic and Atmospheric Administration) battery-powered weather radio, battery-powered cellphone charger and extra batteries or hand crank powered devices
- First aid kit and prescription medications
- Sanitation supplies such as moist towelettes, disinfectant and garbage bags
- Important documents in watertight packaging—personal, financial and insurance—store copies in a separate location (safety deposit box, relatives, or trusted friend)
- Your family emergency plan, local maps and your command reporting information
- 5-Gallon bucket with plastic bags for use as a portable toilet
- Cash in small denominations

Additional items can be essential for those stationed abroad:

- Passports
- Birth abroad certificate for children born overseas
- Cash in local currency
- Card with local translations of basic terms
- Electrical current converter
- Know the Army Information Hotline number for assistance 1-800-833-6622

Many other items could prove helpful:

- Fire extinguisher
- Any tools needed to turn off utilities
- Matches in a waterproof container
- Metal or plastic bowl
- Coats and rain gear
- Sleeping bags or other bedding
- A weather-appropriate change of clothes for each person
- Books, games, puzzles, toys and other activities for children
- Batteries and cell phone chargers



EMERGENCY KITS

To prepare your family for an emergency, assemble one or more emergency kit(s) that include enough supplies for at least three days. Think of items that have multiple uses and are long lasting. Keep a kit prepared at home and consider also having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your emergency kits will be useful whether you have to shelter in place or evacuate.

What to Put in Your Basic Home Kit

Necessary

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days; select items that require no cooking, preparation, or refrigeration such as high energy foods and ready-to-eat canned meat, vegetables, fruit
- Manual can opener (if the food is canned), preferably on a multi-tool
- Reusable plates, cups, utensils, saucepan (a metal bowl can double as a cup or plate)
- First aid kit
- Prescription medications and medical equipment/care aids
- N95- or N100-rated dust masks
- Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
- Hand-crank or battery-operated flashlight
- Hand-crank radio or battery-operated cell phone charger
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- Extra batteries at the size required
- Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
- Weather appropriate clothing to keep your family warm and dry
- Cash in the local currency
- Any tools needed for turning off utilities
- Local maps and your family emergency plan
- Important documents, including will, medical and financial power of attorney, property documents, medical instructions
- Emergency preparedness handbook
- Your command reporting information – know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)

All personnel should maintain a basic level of preparedness for all potential hazards. You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

Additional considerations

- Infant formula and diapers if you have young children
- Pets supplies, including food, water, medication, leash, travel case and documents
- Sleeping bag or other weather-appropriate bedding for each person
- Disinfectant
- Matches or flint in a waterproof container
- Coats, jackets and rain gear
- Fire extinguisher
- Paper and pencil
- Books, games, puzzles, toys and other activities for children
- Any items necessary for a specific type of disaster





Additional items that can be essential for those stationed abroad:

- Passports
- Birth abroad certificates for children born overseas
- Cash in the local currency
- Card with local translations of basic terms
- Electrical current converter

Portable Emergency Kit

- Take this kit with you when you are ordered to evacuate.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your family knows where the kit is.
- If you are required to shelter in place, keep this kit with you.
- Consider adding enough supplies to last two weeks.

Workplace Emergency Kit

- This kit should be in one container to be kept at your workstation in case you must evacuate from work.
- Make sure you have comfortable walking shoes at your workplace in case you have to walk long distances.
- This kit should include at least food, water and a first aid kit.
- Make sure you include your family's communications procedure.

Vehicle Emergency Kit

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).
- Make sure you include your family's communications procedure.

Maintaining Your Kits

- Routinely evaluate your kits and their relevance to the threats in your area.
- Throw away and replace any expired or damaged medications, food or water.

Where to Find Additional Information

- Federal Emergency Management Agency (FEMA)—
 - o <https://www.ready.gov/build-a-kit>
 - o <https://www.ready.gov/kids/build-a-kit>
- American Red Cross—
 - o www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/get-a-kit
- Ready Army—www.ready.army.mil

Store your emergency kit in an easily accessible area such as a cupboard by the door and make sure everyone in your family knows where it is.

Consider whether your area is likely to face a specific threat. If your home is prone to flooding, store your kit upstairs. If you face tornados, think about storing your kit in the basement.

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.



From outer space to down on earth, its flu shot time again!



Avoiding the Flu, Is the Shot Right For You?

By Sally Turner

As the leaves start to fall and the weather starts to get cooler, we all want to know, how to avoid the flu and is the flu shot right for you? More than 200,000 people across the United States are hospitalized each year from the flu. The Center for Disease Control and Prevention claim the flu shot is 70 to 90 percent effective against the flu. However, it works less for those with a weaker immune system. The healthier you are the more the better effect the shot will have. After receiving the shot, the vaccine takes about two weeks to build up enough antibodies to protect you. Typically, the high flu season is December through March, so flu shots should be done before this time. But the flu shot is not recommended for everyone, as the vaccines are manufactured from eggs, anyone allergic to eggs should not get the shot. Infants under 6 months old, anyone who had a bad reaction to the shot and anyone already sick with fever are not good candidates for the shot. In avoiding the flu altogether, one should avoid public areas, practice washing your hands as much as possible and never share cups or eating utensils with other people. So as we approach the cooler months, it comes down to an individual choice on whether the flu shot is right for you.



Flu Vaccination

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. Even healthy people can get very sick from the flu and spread it to others. [CDC estimates](#) that flu-related hospitalizations since 2010 ranged from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000. During flu season, flu viruses circulate at higher levels in the U.S. population. ("Flu season" in the United States can begin as early as October and last as late as May.) An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called "trivalent" vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

Hyperlinks to Flu Information from the CDC:

<https://www.cdc.gov/flu/protect/keyfacts.htm>



What kinds of flu vaccines are available?

CDC recommends use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2022-2023. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2022-2023. Both trivalent (three-component) and quadrivalent (four-component) flu vaccines will be available.

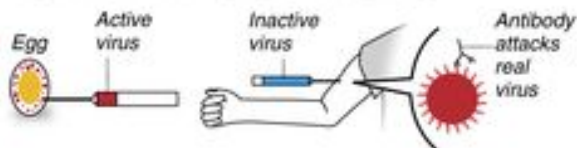
Trivalent flu vaccines include:

- [Standard-dose trivalent shots](#) (IIV3) that are manufactured using virus grown in eggs. Different flu shots are approved for different age groups. Most flu shots are given in the arm (muscle) with a needle. One trivalent vaccine formulation can be given with a [jet injector](#), for persons aged 18 through 64 years.
- A [high-dose trivalent shot](#), approved for people 65 and older.
- A [recombinant trivalent shot that is egg-free](#), approved for people 18 years and older.
- A [trivalent flu shot made with adjuvant](#) (an ingredient of a vaccine that helps create a stronger immune response in the patient's body), approved for people 65 years of age and older (new this season).

Quadrivalent flu vaccines include:

- [Quadrivalent flu shots](#) approved for use in different age groups.
- An [intradermal quadrivalent flu shot](#), which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.
- A [quadrivalent flu shot](#) containing virus grown in cell culture, which is approved for people 4 years of age and older (new this season).

How a flu shot works



Vaccine is created ...

After grown in chicken eggs in laboratories, flu virus is sucked out of eggs and washed to make it inactive.

... given ...

After shot, your cells create antibodies to fight inactive virus that just went into your bloodstream.

... and helps keep you healthy

After two weeks, antibodies develop, attack real flu virus and stop it from getting into your cells. You remain healthy.

SOURCE: Centers for Disease Control and Prevention; WebMD

Are any of the available flu vaccines recommended over others?

For the 2022-2023 flu season, the [Advisory Committee on Immunization Practices \(ACIP\)](#) recommends annual influenza vaccination for everyone 6 months and older with either the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2022-2023. There is no preference for one vaccine over another among the recommended, approved injectable influenza vaccines. There are [many vaccine options](#) to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since [February 24, 2010 when CDC's Advisory Committee on Immunization Practices \(ACIP\)](#) voted for "universal" flu vaccination in the United States to expand protection against the flu to more people. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. See [People at High Risk of Developing Flu-Related Complications](#) for a full list of age and health factors that confer increased risk. More information is available at [Who Should Get Vaccinated Against Influenza](#).

Who should not be vaccinated?

CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2022-2023. Different flu vaccines are approved for use in different groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any allergies to flu vaccine or its components.

- [People who cannot get a flu shot](#)
- [People who should talk to their doctor before getting the flu shot](#)